

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of the claims in the application:

**Listing of Claims:**

1. (currently amended) A liquid vegetable oil composition, comprising:
  - at least 88 weight percent, based on the total weight of the oil composition, of an interesterified liquid lipid component that displays a solids fat content that is substantially liquid at 10°C, said interesterified liquid lipid component being an all-vegetable component;
    - said liquid lipid component is a randomization reaction product of an interesterification reactant charge and a randomization interesterification catalyst by which fatty acid moieties are interchanged, said reactant charge having between about 30 and about 60 weight percent, based upon the total weight of the charge, of a medium chain vegetable triglyceride that is a combination of caprylic triglyceride and capric triglyceride having a first fatty acid moiety chain and a second fatty acid moiety chain, respectively, reacted with between about 40 and about 70 weight percent, based on the total weight of the charge, of a long chain domestic vegetable oil triglyceride having a third fatty acid moiety chain of at least C16 in length, said liquid lipid component being the randomization reaction product having interchanged said first, second and third fatty acid moiety chains that vary randomly from glycerol structure to glycerol structure;
    - wherein said domestic oil is selected from the group consisting of soybean oil, corn oil, cottonseed oil, canola oil, olive oil, peanut oil, safflower oil, sunflower oil, oil from grain plants, and combinations thereof;
    - between about 2 and about 12 weight percent, based on the total weight of the oil composition, of a phytosterol ester component;
    - said liquid structured lipid component has a Brookfield viscosity at least 20°C of between about 20 and about 52 centipoise and a smoke point of at least about 195°C (at least about 383°F); and

said vegetable oil composition of liquid lipid and phytosterol ester component is a liquid oil composition that enhances phytosterol delivery to individuals who consume said liquid oil composition and reduces cholesterol adsorption in the individuals.

2. (previously presented) The composition in accordance with claim 1, wherein said liquid lipid component comprises at least about 90 weight percent of the oil composition, and said phytoesterol ester component comprises up to about 10 weight percent of the oil composition, both based upon the total weight of the oil composition.

3. (previously presented) The composition in accordance with claim 1, wherein said liquid lipid component comprises at least about 92 weight percent of the oil composition, based upon the total weight of the oil composition.

4. (previously presented) The composition in accordance with claim 1, wherein said liquid lipid component comprises up to about 96 weight percent of the oil composition, based upon the total weight of the oil composition.

5. (previously presented) The composition in accordance with claim 1, wherein said liquid lipid component comprises between about 92 and about 94 weight percent of the oil composition, based upon the total weight of the oil composition.

Claims 6 to 7 (cancelled)

8. (original) The composition in accordance with claim 1, wherein said medium chain triglyceride amount is between about 35 and about 55 weight percent of the interesterification charge, and the amount of the domestic oil is between about 45 and about 65 weight percent of the charge.

9. (previously presented) The composition in accordance with claim 1, further including an edible carrier component administered to an individual at a level of at least about 0.4 grams of said oil composition per kilogram of body weight per day.
10. (cancelled)
11. (previously presented) The composition in accordance with claim 1, wherein said liquid lipid component has a smoke point of at least about 205°C (greater than about 400°F).
12. (original) The composition in accordance with claim 1, wherein said phytosterol ester component has no greater than about 20% by weight, based upon the total weight of the phytosterol ester component, of a phytosterol.
13. (original) The composition in accordance with claim 1, wherein said oil composition reduces total cholesterol adsorption in individuals.
14. (cancelled)
15. (previously presented) The composition in accordance with claim 1, wherein said liquid oil composition is a clear liquid and remains a clear liquid for at least about six months of storage at about 21°C.
16. (original) The composition in accordance with claim 1, wherein said oil composition has sensory attributes which are not significantly different from, or are significantly superior to, corresponding sensory properties of canola oils which do not have a phytosterol component.
17. (original) The composition in accordance with claim 1, wherein said oil composition has sensory attributes which are not significantly different from, or

are significantly superior to, corresponding sensory properties of olive oils which do not have a phytosterol component.

Claims 18 to 21. (cancelled)

22. (previously presented) The composition in accordance with claim 1, wherein said liquid lipid component comprises up to about 98 weight percent of the oil composition, based upon the total weight of the oil composition.

23. (previously presented) The composition in accordance with claim 1, wherein said liquid lipid component of the composition comprises between about 90 and about 96 weight percent of the composition, based upon the total weight of the oil composition.

Claims 24 to 36. (cancelled)

37. (currently amended) A method for making a health and nutrition promoting liquid vegetable oil composition, comprising:

- providing a combination of medium chain vegetable oils having a first fatty acid moiety chain and a second fatty acid moiety chain, respectively;

- providing domestic vegetable oil triglyceride having a third fatty acid moiety chain that has a carbon chain length of between C16 and C22;

- introducing a reactant charge to a reaction location, the reactant charge including between about 30 and about 60 weight percent of the medium chain vegetable oil triacylglyceride combination and between about 40 and about 70 weight percent of said domestic vegetable oil triglyceride, based upon the total weight of the reactant charge, and wherein said domestic oil is selected from the group consisting of soybean oil, corn oil, cottonseed oil, canola oil, olive oil, peanut oil, safflower oil, sunflower oil, oil from grain plants, and combinations thereof;

interesterifying by randomization that interchanges fatty acid moieties of said reactant charge in the presence of an interesterification catalyst into an interesterified liquid lipid component that is a randomization reaction product having interchanged said first, second and third fatty acid moiety chains that vary randomly from glycerol structure to glycerol structure, is an all-vegetable component and displays a solids fat content that is substantially liquid at 10°C; and

combining said all-vegetable interesterified liquid lipid component with a phytosterol ester component to provide an oil composition which is consumable by an individual and which promotes health and nutrition of that individual by enhancing phytosterol delivery to the individual upon consuming the oil composition and by reducing LDL cholesterol adsorption by the individual, said combining being such that the oil composition is a liquid oil composition that has a Brookfield viscosity at 20°C of between about 20 and about 52 centipoise has a smoke point of at least about 195°C (at least about 383°F), and contains at least about 88 weight percent liquid lipid component and between about 2 and about 10 weight percent phytosterol ester component, based on the total weight of the oil composition.

Claims 38-39. (cancelled)

40. (currently amended) A method for using a medium chain triglyceride in a health and nutrition promoting liquid oil composition, comprising:

providing a combination of medium chain vegetable oil triglycerides having a first fatty acid moiety chain and a second fatty acid moiety chain, respectively;

providing domestic vegetable oil triglyceride having a third fatty acid moiety carbon chain length of between C16 and C22;

introducing a reactant charge to a reaction location, the reactant charge including between about 30 and about 60 weight percent of the medium chain vegetable oil triglyceride and between about 40 and about 70 weight percent of said domestic vegetable oil triglyceride, based upon the total weight of the

reactant charge, and wherein said domestic oil is selected from the group consisting of soybean oil, corn oil, cottonseed oil, canola oil, olive oil, peanut oil, safflower oil, sunflower oil, oil from grain plants, and combinations thereof;

interesterifying by randomization in the presence of an interesterification catalyst that interchanges fatty acid moieties of said reactant charge into an interesterified liquid lipid component that is a randomization reaction product having interchanged said first, second and third fatty acid moiety chains that vary randomly from glycerol structure to glycerol structure, is an all-vegetable component and displays a solids fat content that is substantially liquid at 10°C;

combining said all-vegetable interesterified liquid lipid component with a phytosterol ester component to provide a health and nutrition promoting composition that is a liquid oil composition having between about 2 and about 12 weight percent of the phytosterol ester component, having a smoke point of at least about 195°C (at least about 383°F), and having a Brookfield viscosity at 20°C of between about 20 and about 52 centipoise; and

administering the composition to an individual in order to promote the health and nutrition of that individual by enhancing phytosterol delivery to the individual upon consuming the composition and by reducing LDL cholesterol adsorption by the individual.

41. (previously presented) The method in accordance with claim 40, wherein said liquid oil composition has a smoke point of at least about 205°C (greater than about 400°F).

42. (cancelled)

43. (previously presented) The method in accordance with claim 40, comprising combining at least about 88 weight percent of the structured lipid component, based upon the total weight of the composition, with the phytosterol ester component.

44. (original) The method in accordance with claim 40, comprising combining at least about 90 weight percent of the structured lipid component and up to about 10 weight percent of the phytosterol component, both based upon the total weight of the oil composition.

45. (cancelled)

46. (original) The method in accordance with claim 40, wherein said administering is at a level of at least about 0.4 grams of said oil composition per kilogram of body weight of the individual.

47. (original) The method in accordance with claim 40, wherein said oil composition is a clear liquid and remains a clear liquid for at least about six months of storage at about 21°C.

48. (original) The method in accordance with claim 40, wherein said oil composition has sensory attributes which are not significantly different from, or are significantly superior to, corresponding sensory properties of canola oils or olive oils which do not have a phytosterol component.

49. (previously presented) The composition in accordance with claim 1, wherein the randomization reaction product interesterification catalyst is selected from the group consisting of metal alkoxides, alkali metals, alkali metal alloys and metal hydroxides.

50. (previously presented) The method in accordance with claim 37, wherein the interesterification catalyst is selected from the group consisting of metal alkoxides, alkali metals, alkali metal alloys and metal hydroxides.

51. (previously presented) The method in accordance with claim 40, wherein the interesterification catalyst is selected from the group consisting of metal alkoxides, alkali metals, alkali metal alloys and metal hydroxides.